



ESSENTIAL YMTT

PROGRAM SCHEDULE

COURSE OVERVIEW

WEEK 1

JULY 8

ORIENTATION

Meet and greet your YMTT crew and teachers! Settle in by sorting your meal choices, grab your course goods, and get the lowdown on modules and exams.

WEEK 3

JULY 22/23

FOUNDATION & ALIGNMENT

Study anatomy and physiology, as it relates to yoga. Learn how to practice and teach key yoga poses safely, and to correct common misalignments through hands-on adjustments.

AMY C / BRUCE / SELINA / VERA

WEEK 5

AUGUST 5/6

HOT YOGA, INJURIES, MODIFICATIONS & THEORY EXAM

Understand the benefits and contraindications of hot yoga, how to manage a hot room safely, and explore the Monster Hot sequence. Lastly, learn how to address common injuries, medical conditions and muscle tightness, before sitting for your Theory Exam.

MAYUKO / JESSICA / DJ / GABRIELLE

WEEK 2

JULY 15/16

INTRO TO YOGA THE YM WAY & OWNING THE ROOM

Break out of your comfort zone! Build your teacher's presence through voice and body language exercises. You'll walk out better able to think on your feet, and have the confidence needed to own the room.

CORAL / ALICIA / MEI YAN

WEEK 4

JULY 29/30

CUEING, INSTRUCTING & SEQUENCING

Now we get heavy into teaching you how to teach! Apply your learnings to design class sequences for YM class types, instruct and cue students, and regress and progress poses.

VERA / SELINA / GABRIELLE

WEEK 6

AUGUST 12/13

PRACTICAL EXAM & GRADUATION!

Show us what you've got! Teach a 20-minute mock class to prove you've earned your Essential Level YMTT certification... then celebrate with your crew that you've made it!

DAILY SCHEDULE

PRACTICE

8 AM

Kick your day off with a yoga practice. You will cover each of the six Yoga Movement class types throughout your Essential Level YMTT, to understand the facets of YM class offerings.

DEBRIEF

9 AM

Get talking! Your teacher will break down exactly why your morning practice was structured the way it was, to give you the teachers' perspective of going to class.

BRUNCH

10 AM

Refresh and refuel! Grab yourself a shower, then take a breather while enjoying a brunch catered by Grounded. Bring your YMTT mugs for coffee refills!

REVISION

11 AM

Ask any questions you may have, whether about techniques for your personal practice, course topics, or a day in the life as a yoga teacher!

LECTURE 1

12 PM

The lead teacher of the day will lecture on their respective area of expertise, and clarify its relation to becoming a great teacher.

BREAK

2:30 PM

This is your time to have a coffee, shut your eyes, or whatever else you need to do to reboot!

LECTURE 2

3 PM

Delve deeper into your lecture topic, and get hands-on training to bring your subject material to life!



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